metro
NEW YORK CITY NO. 1 FREE DAILY IN TH
Thursday, September 14, 2017 metro.us | t: MetroNewYork | f: Met

Yanks hang on to take Citi Field series from Rays. 27

GET YOUR LEDERHOSEN READY

Where to celebrate Oktoberfest. 24

'Broad City' foreshadows Trump's presidency. 21

BODEGA BUSTERS

One new startup will challenge the city's corner shops as the best way to provide hungry New Yorkers with what they want. 4

VS.

SISITA MCDONALD, GETTY IMAGES

WELCOME TO METRO.US

KATE MOONEY, FEATURES EDITOR

Now that the weather's beginning to cool off, bring on the beer and sausages! When Oktoberfest kicks off this Saturday, beer halls across the city will fete the holiday with bratwurst, Bavarian brews, live polka and plenty of lederhosen. We rounded up the best parties to check out this weekend. Oompah!

TRUMP SAYS TAX HIKE ON THE RICH IS POSSIBLE

1 President Trump said the rich might see a hike in taxes as he pursues a major tax overhaul with outreach to Democrats who oppose cutting rates for the wealthy, while Republicans in Congress set a timetable to unveil their plan. The White House and the Republican-led Congress have not put forth a detailed tax plan despite months of talks that have excluded Democrats. Paul Ryan said an outline would be unveiled during the work week beginning Sept. 25, with congressional tax-writing committees crafting detailed legislation in the subsequent weeks. Democrats have criticized the Republican tax overhaul efforts as benefiting mainly the wealthiest Americans. Trump said the rich would not be making gains with the plan, which he said was geared toward providing the largest tax cut ever for the middle class and creating jobs.

NORTH KOREA DEFIANT OVER UN SANCTIONS

2 North Korea showed trademark defiance on Wednesday over new U.N. sanctions imposed after its sixth and largest nuclear test, vowing to redouble efforts to fight off what it said was the threat of a U.S. invasion. President Donald Trump said Monday's sanctions, unanimously agreed on Monday by the 15-member U.N. Security Council, were just a small step towards what is ultimately needed

to rein in Pyongyang over its nuclear and missile programs. The North's Foreign Ministry said the resolutions were an infringement on its legitimate right to self-defense and aimed at "completely suffocating its state and people through full-scale economic blockade."

GETTY IMAGES

5 THINGS YOU NEED TO KNOW

FRONT ROW

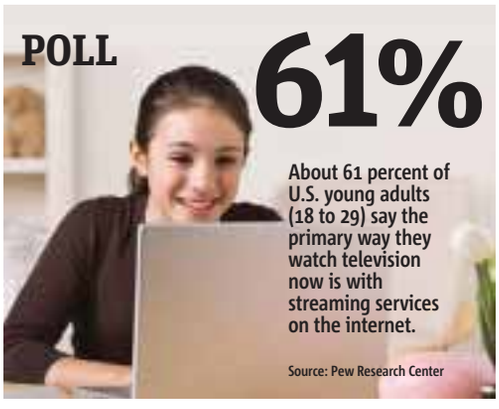
3 Jennifer Morrison, Victoria Justice, Dylan Penn, Olivia Culpo and Shanina Shaik attend the Marchesa fashion show during New York Fashion Week: The Shows at Gallery 1, Skylight Clarkson Sq on Wednesday.

GOVERNOR VOWS PROBE OF NURSING HOME DEATHS

4 Florida Gov. Rick Scott vowed on Wednesday that the state would aggressively investigate how six people died at a nursing home that lost power when Hurricane Irma rampaged through the region, as millions coped with another day without electricity. The death toll from the storm approached 80 as officials continued to assess the damage after Irma powered through the Caribbean as one of the most powerful Atlantic hurricanes on record and slammed into the Florida Keys archipelago with sustained winds of up to 130 miles per hour. Irma killed at least 36 people in Florida, Georgia and South Carolina, according to officials. Some 4.2 million homes and businesses, or about nine million people, were without power on Wednesday in Florida and nearby states.

BITCOIN SLIDES ON 'FRAUD' WARNING

5 Bitcoin slid by more than 10 percent on Wednesday, as investors sold the cryptocurrency after a warning by JPMorgan Chief Executive Jamie Dimon that it "is a fraud" and will eventually "blow up." Bitcoin, the original and still the biggest cryptocurrency, has been on a tear in recent months, hitting a record high just below $5,000 at the start of September after a more than fivefold increase in price since the start of the year. But bitcoin and other cryptocurrencies have been falling since early last week, when China banned the issuance of new digital coins for fundraising purposes — a phenomenon known as initial coin offerings, or ICOs. ICOs have fueled a rapid ascent in the value of all cryptocurrencies, from about $17 billion at the start of the year to a record high close to $180 billion at the beginning of September.


POLL
61%
About 61 percent of U.S. young adults (18 to 29) say the primary way they watch television now is with streaming services on the internet.
Source: Pew Research Center

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New Yorkers outraged over startup that wants to compete with bodegas

The head of a local Hispanic Chamber of Commerce said he will fight for bodega owners and against the bodega startup coming to New York.

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As essential part of living in New York is stopping by your local bodega for a breakfast sandwich, late-night snack or a six-pack.

But the future of that bodega experience may be threatened by a new innovation — which borrowed the same name — started by two former Google employees.

The new concept, "Bodega," was unveiled in a Fast Company article on Wednesday, and the announcement quickly drew outrage from New Yorkers who don't want to give up their corner stores and from those who work to protect local shop owners that have vowed to fight the new innovation.

The Bodega company involves setting up "5-foot-wide pantry boxes filled with nonperishable items you might pick up at a convenience store," Fast Company reported.

An app then allows you to unlock the box and cameras "powered with computer vision" will see what snack you've grabbed and automatically charge your credit card.

"Eventually, centralized shopping locations won't be necessary, because there will be 100,000 Bodegas spread out, with one always 100 feet away from you," Paul McDonald, a previous Google product manager and co-founder of Bodega, along with Ashwath Rajan, told Fast Company.

A new startup aims to provide consumers access to goods typically carried by corner bodegas. PROVIDED BY BODEGA/SISITA MCDONALD

That intention doesn't sit well with Frank Garcia, outgoing chairman of the New York state coalition of the Hispanic Chamber of Commerce. Garcia is now chairman of all state chambers nationally, including Puerto Rico, for which he represents thousands of bodega owners.

"We are against it," he told Metro. "It's a disgrace to the name of bodegas."

Garcia's grandfather was a bodega owner and the president of the first Latin Grocery Association, now called the Bodega Association of New York.

Bodega owners are already facing an uncertain future. They're going out of business, Garcia said, because of costs including rent, licenses, insurance and fines and the juggling of business mandates, inspections and so on — all things which the Bodega boxes would not have to handle, he said.

But mostly, to Garcia, it's a culture issue.

"Why are you using the Hispanic name — why are you doing that?" he said. "When a bunch of Puerto Ricans starting calling [their stores] 'bodegas,' they didn't intend them to be vending machines. The intention was to support immigrants."

Bodegas are more than just stores on a city block. They're cultural institutions, Garcia said, and he promised that he will work to ensure that the Bodega boxes do not come into New York.

"I feel that this is going to be a David and Goliath [situation], and we're going to fight it," he said.

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Security Guard 8-hour Course	SAT 10/14/17, 11/11/17, 12/09/17	9:30am-5:30pm
Security Guard 16-hour Course	Fri, SAT 10/20-10/21/17, 11/17-11/18/17, 12/15-12/16/17	9:30am-5:30pm
Real Estate Salesperson License	M-TH 10/16-11/28/17	6pm-9pm
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Health Careers Certifications

C.N.A. Evening	M-TH 10/16-11/30/17	9am-2pm
C.N.A. Morning	M-TH 10/10-12/27/17	6pm-9pm
CPR/AED for Healthcare Providers	SAT 10/14, 11/18, Fri 12/08/17	2pm-6pm
Phlebotomy	M-TH 10/23-11/27/17	6pm-9pm
EKG Technician	SAT 10/14-12/09/17	10am-2pm
EKG Technician	M-TH 10/30-11/09/17	9am-1pm
Dental Assistant	M, W 11/06-02/19/18	6pm-9pm
Pharmacy Technician	T, TH 10/10-12/19/17	6pm-9pm
Clinical Medical Assistant	M, T, TH 09/18-01/18/18	6pm-9pm

Children's Programing

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SAT Exam Preparation	SAT 10/14-11/18/17	9:30am-2:30pm

Education & Language Skills

English Links/Inglés Intensivo	M-Fri 10/10-12/12/17	9am-1:30pm
English Links/Inglés Intensivo	M-Fri 10/10-01/19/18	6pm-9pm
English Links/Inglés Intensivo	SAT 10/07-12/02/17	9am-2pm
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ESL/Inglés como Segundo Idioma	T, TH 10/10-12/19/17	6pm-9pm
HSE English	T, TH 10/10-01/11/18	9:30am-12:30pm
HSE English	T, TH 10/10-01/11/18	6pm -9pm
HSE Spanish	M, W 10/02- 01/03/18	9:30-12:30pm
HSE Spanish	M, W 10/02- 01/03/18	6pm -9pm
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Basic Communication for all (English & Spanish)	SAT 09/30-12/16/17	10am-1pm

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‘The Peculiar Patriot’ puts spotlight on the prison industrial complex

A one-woman play aims to highlight a human rights issue.

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Despite having an incarcerated loved one, Liza Jessie Peterson’s true introduction to the prison industrial complex — aka the for-profit privatization of U.S. correctional facilities — came when she began working at New York’s Rikers Island as a program counselor and teaching artist for adolescents in 1998.

“A corrections officer told me, ‘This is a modern-day plantation,’ and pointed to these adolescent boys and said, ‘They’re the crops, they’re the cotton,” Peterson recalled. “He told me to look up prison industrial complex and come back to tell him what I found. It was that instruction that sent me into the rabbit hole, and I haven’t been out since.”

Peterson, who is also an actress and poet, “felt compelled to ring the alarm, to use my art for awareness and highlighting a human rights issue that I felt wasn’t being talking about or examined enough.”

And thus, her one-woman, multimedia play, “The Peculiar Patriot,” was born in 2003. Her character, Betsy LaQuanda Ross, visits jailed friends and family to share gossip and love while putting the spotlight on the criminal justice system.

“The Peculiar Patriot” will be performed at the National Black Theatre in Harlem, co-presented by Hi-Arts, through Oct. 1.

How has “The Peculiar Patriot” adapted as prison reform has become a hot political topic since 2003?

The play has definitely gone through evolutions. The awareness of the character follows the current issues of the day without giving too much away, to keep it contemporized.

You’ve toured it at many prisons over the years. How did the inmates react?

The audience reaction was so overwhelming, so affirming and validating. They felt seen, they felt heard. They consistently told me to take this play to the outside world so that they would not be forgotten. It was life-changing.

Will you tour this current incarnation?

I would love to resurrect the prison tour, I really would. It’s multimedia, so I don’t know how that would translate, but I’d love to tour a pared-down excerpt.

What are your thoughts on the steps being taken to close Rikers?

I think it’s fantastic, very progressive. It’s shifting people’s consciousness to think about alternatives and what would be some other options. No one was ever thinking like that before. It was just put them in prison, throw away the key and forget about them.

This is conversation that is now being forced on our political leaders, and in that respect, I think the movement is powerful, necessary and urgent because it speaks to a broader campaign to decarcerate this nation.

Do you think we can see tangible prison reform one day?

I’m a descendant of a slave, so if my ancestors could see beyond slavery when all they knew was slavery, I can certainly see beyond prison when all that I’ve known in all my adult life is prison.

Liza Jessie Peterson’s one-woman play, “The Peculiar Patriot,” focuses on the prison industrial complex. ANI BERBERIAN

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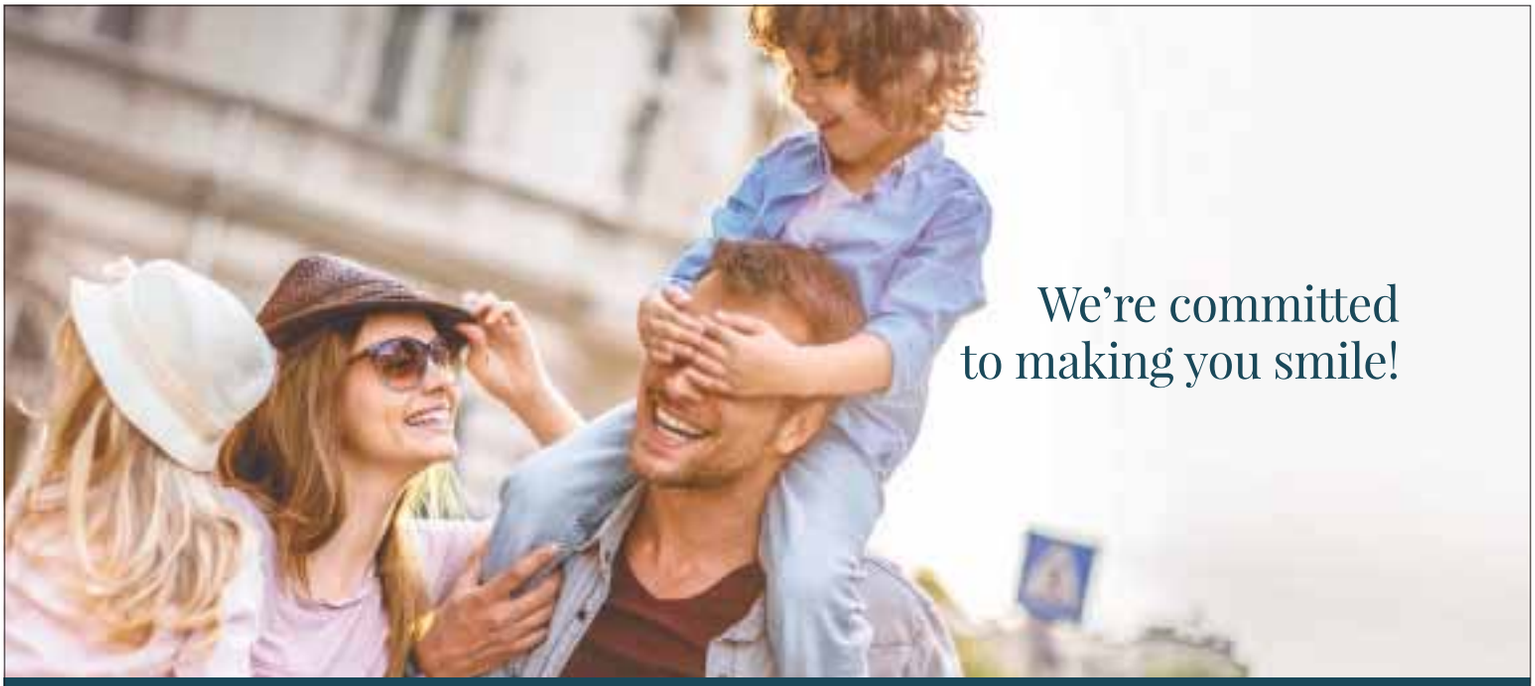

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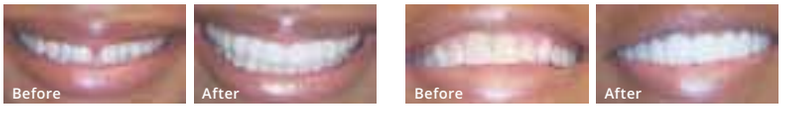

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RIKERS ISLAND

Ex-guard at New York's Rikers jail sentenced 30 years for inmate death

A former guard at New York City's troubled Rikers Island jail complex was sentenced on Wednesday to 30 years in prison after being found guilty of violating the civil rights of an inmate by kicking him repeatedly in the head, causing his death.

Brian Coll, 48, was sentenced by U.S. District Judge Loretta Preska in Manhattan, after being convicted in December by a federal jury of causing the death of 52-year-old inmate Ronald Spear.

"Mr Coll kicked a man to death," Preska said. "In my view, this is an exceedingly serious offense."

"I am truly sorry Mr Spear died because I lost control of myself," Coll said before being sentenced. "I never had any intent to badly hurt or kill Mr Spear."

One of Coll's lawyers, Sam Schmidt, declined to comment after the hearing.

Two of Spear's relatives, niece Tiara Kelly and cousin Donna Spear, spoke in court shortly before Coll was sentenced.

Kelly described Spear as a "second father," while Donna Spear said he had helped raise her own children.

"We are extremely satisfied with the sentencing," Kelly told reporters after the hearing.

Coll was arrested in June 2015, nearly a year after the city agreed to a $2.75 million settlement with Spear's family.

Coll's lawyers argued during his trial that prosecutors could not prove the kicking killed Spear, who suffered from severe medical problems.

The case is one of several by prosecutors against workers at Rikers, one of the country's largest correctional institutions, which has been plagued by violence and corruption.

In March, Mayor Bill de Blasio said the city would close Rikers in as little as 10 years, citing falling crime levels that he said portend a long-term trend. REUTERS

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Mom hurt by falling Central Park tree sues city for $200M

The woman was walking with her three children, one a 41-day-old infant, when the tree collapsed on top of them.

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A Manhattan mother who was seriously injured when a tree fell on her and her three children in Central Park last month is now suing the city for $200 million, according to her attorney.

Anne Monoky Goldman is "completely immobilized" after the Aug. 15 incident that left her pinned under an elm tree on West Drive at 62nd Street inside the park, Jordan Merson told NBC4.

Goldman was pushing a double stroller with her two sons, who are ages 2 and 4, with her then-41-day-old son strapped to her chest when the tree collapsed.

Crews used chainsaws to rescue Goldman from beneath the tree, which fell with such force it was completely uprooted from the ground.

Goldman is on bed rest since being released from the hospital last week, according to ABC7, and must lay flat for the next two to three months due to a neck fracture. Because of her injuries, she is unable to breastfeed her infant.

While her children's injuries were non-life-threatening, her 2-year-old suffered a brain hemorrhage and concussion.

Merson is slated to file a claim today against the city and Central Park Conservancy, which maintains all trees within Central Park.

The agency did not disclose what caused the tree to uproot, but said in a statement to Metro last month that trees in the vicinity were being inspected "for health and safety," but did not offer further details about what that would entail.

The mother of three was pinned beneath an elm tree that collapsed on top of her and her three children last month in Central Park. TWITTER/NYPDCENTRALPARK

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MIT, IBM researchers to study how AI can better humankind

The new AI Lab, a partnership between MIT and IBM, will take a deep dive into artificial intelligence.

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Artificial intelligence is becoming unavoidable, and whether we like it or not, AI will be a part of our future. But how much do we really know about the technology, and how will we be prepared to tackle the challenges it poses?

The Massachusetts Institute of Technology and IBM are putting their "minds and hands" together to delve into just those questions and to dive into AI. MIT and the computer company recently announced a joint effort to research AI by together establishing the new MIT-IBM Watson AI Lab.

IBM will make a 10-year, $240 million investment in order to create the lab. And despite the concerns around AI, the lab will take a more positive approach.

"AI holds a remarkable potential to advance knowledge for the betterment of humankind," said Anantha Chandrakasan, dean of MIT's School of Engineering, who was involved with the agreement between MIT and IBM for this lab. "We want scientists, professors and students to build machine-learning and AI systems that excel at both narrow tasks and the human skills of discovery and explanation."

One specific goal of the lab, Chandrakasan said, that would be for humankind's "betterment" is to use AI along with imaging in radiology to "automatically detect breast cancer," he said.

Health is a huge sector for AI advancement, but it's not the only area where the technology will flourish. Researchers will specifically look into the link between AI and cybersecurity, among others industries.

Though there are a few broad topics the lab aims to focus on – algorithms that can build on machine learning, the physics of AI like new hardware materials and devices, and learning how AI can be applied to industries such as healthcare and cybersecurity — MIT and IBM will also seek proposals from other scientists about what exactly to research.

For some, AI may seem like something that will lead to losses — of jobs, of any kind of human labor, of human interaction.

But for researchers, AI is about the possibility of more.

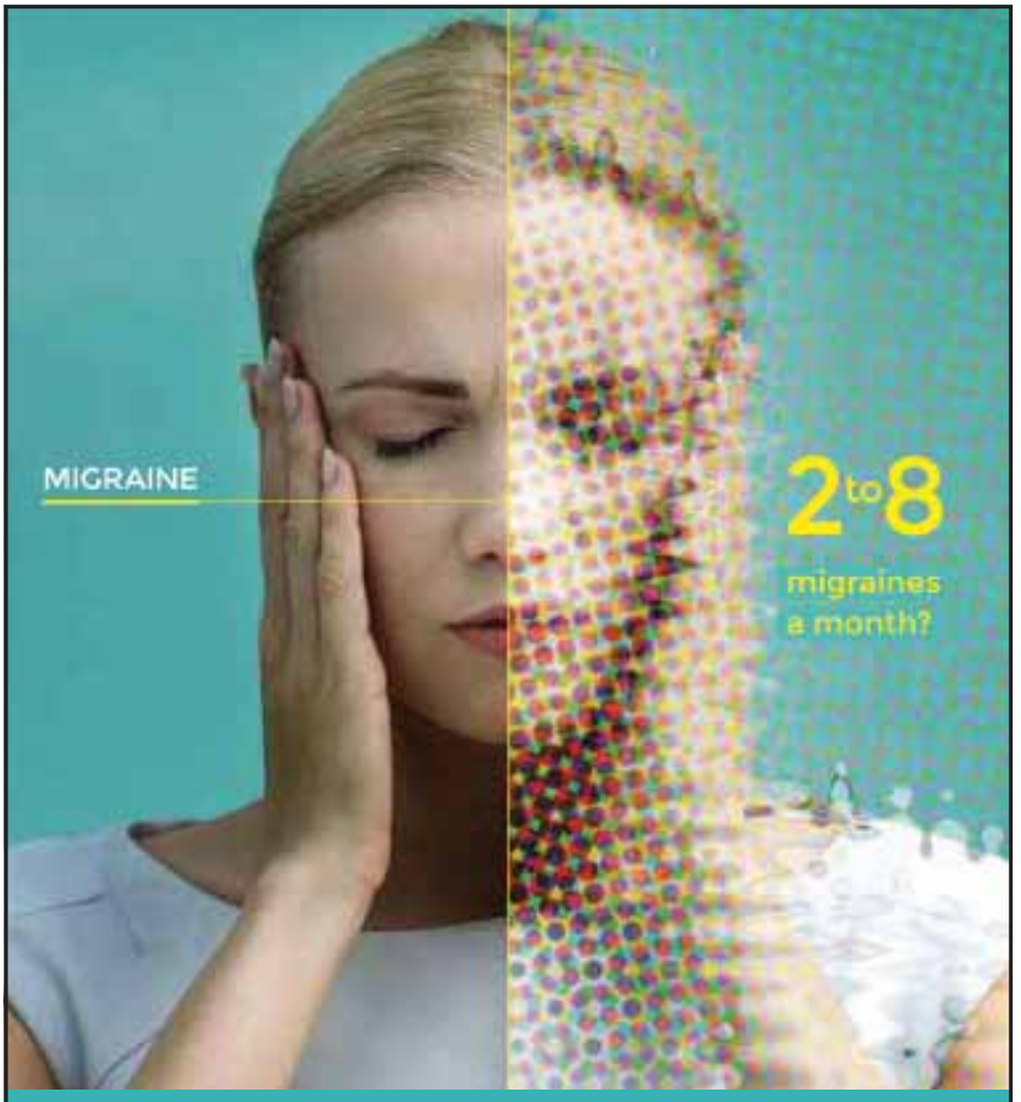
That's the aim of one more big question Chandrakasan said the lab will seek to answer that really gets to the "good" of AI.

"The lab will explore this vital issue: How can AI deliver economic and societal benefits to a broader range of people, nations and enterprises?" he said. "Researchers will investigate how AI can help individuals achieve more in their lives."

"Researchers will investigate how AI can help individuals achieve more in their lives."

Anantha Chandrakasan

IBM will invest $240 million into the AI Lab at MIT. GETTY IMAGES



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Congress forces President Trump to condemn white supremacists

They just passed a bipartisan resolution.

MICHAEL MARTIN
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Responding to President Donald Trump's seeming support of white nationalists after the Charlottesville terror attack, Congress has passed a bipartisan resolution requiring him to condemn white supremacists and to commit resources to fighting domestic terrorism by neo-Nazis and other hate groups.

The bill urges Trump to "speak out against hate groups that espouse racism, extremism, xenophobia, anti-Semitism, and White supremacy" and calls on the administration to "use all resources available to the president and the president's cabinet to address the growing prevalence of those hate groups in the United States."

The legislation was introduced by Rep. Tom Garrett, the Republican congressman representing Charlottesville, and Rep. Gerald Connolly, a Democrat from Virginia. It was sponsored by both of Virginia's senators, Democrats Tim Kaine and Mark Warner. The entire Virginia delegation of seven Republicans and four Democrats supported it.

Because the bill is a "joint resolution," Trump is required to sign or veto it. Either way, he must weigh in on the issue; he'll be unable to dodge condemnation to appease his alt-right base.

The White House hasn't commented on the resolution.

In Charlottesville last month, 32-year-old Heather Heyer was hit and killed by a car driven by a neo-Nazi who sped into a crowd protesting a white-nationalist rally. In responding to the incident, Trump caused a firestorm by criticizing "hatred, bigotry and violence on many sides" and failing to call out the white supremacists and neo-Nazis in attendance by name. In a follow-up press conference, he said that some "very fine people" were among the white nationalist marchers.

The current Congress has shown an unusual bipartisan willingness to tie Trump's hands. In August, both the House and Senate overwhelmingly approved new sanctions on Russia and limited the president's ability to lift them without the consent of Congress.

President Trump has drawn criticism for his response to last month's violence in Charlottesville, Virginia. GETTY IMAGES

'PHARMA BRO' IN JAIL

Shkreli ordered jailed for online bounty on Hillary Clinton's hair

A judge on Wednesday ordered Martin Shkreli to be jailed while he awaits sentencing for securities fraud, citing a Facebook post in which the former drug company executive nicknamed the "Pharma Bro" offered a $5,000 reward for a strand of Hillary Clinton's hair.

District Judge Kiyo Matsumoto in Brooklyn said the Sept. 4 post, which prompted a call from the U.S. Secret Service, showed Shkreli posed a danger to the public that warranted revoking his $5 million bail. U.S. prosecutors had moved to jail Shkreli last Thursday.

Shkreli, who earned the nickname "Pharma Bro" for exploits that included increasing to the price of a life-saving drug by 5,000 percent, apologized for the post in a letter to Matsumoto on Tuesday, calling it an "awkward attempt at humor or satire."

Shkreli said in the post that he needed the hair to "confirm the sequences I have," an apparent reference to genetic testing.

Shkreli was convicted in August of defrauding investors of two hedge funds he ran, MSMB Capital and MSMB Healthcare. He was acquitted of stealing from a drug company he later founded, Retrophin Inc, to pay them back.

Though the charges carry a maximum sentence of 20 years, Shkreli will likely serve much less, in part because none of the investors lost money.

Patients and U.S. lawmakers were outraged in 2015 when Shkreli, then chief executive of Turing Pharmaceuticals, raised the price of anti-infection drug Daraprim by 5,000 percent. REUTERS

Demand Soars At NYC Medical Clini

Can This Medical Technology Possibly Eliminate Or

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Kno

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many* treatments ... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: <u>There is no one treatment that will help every case of back pain.</u> And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequncy Neurotomy" is often referred to as RF for short. Just what is "RF".

RF is a procedure that is based on the concept that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves and slow down the pain

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "impaits" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months… 12 months…. 18 months for some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

While we cannot claim this is a complete "permanent cure" . . . it can be a godsend for so many who were in constant pain.

Really... what would it be worth if you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good night's sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and i*s not surgical.*

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti - inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

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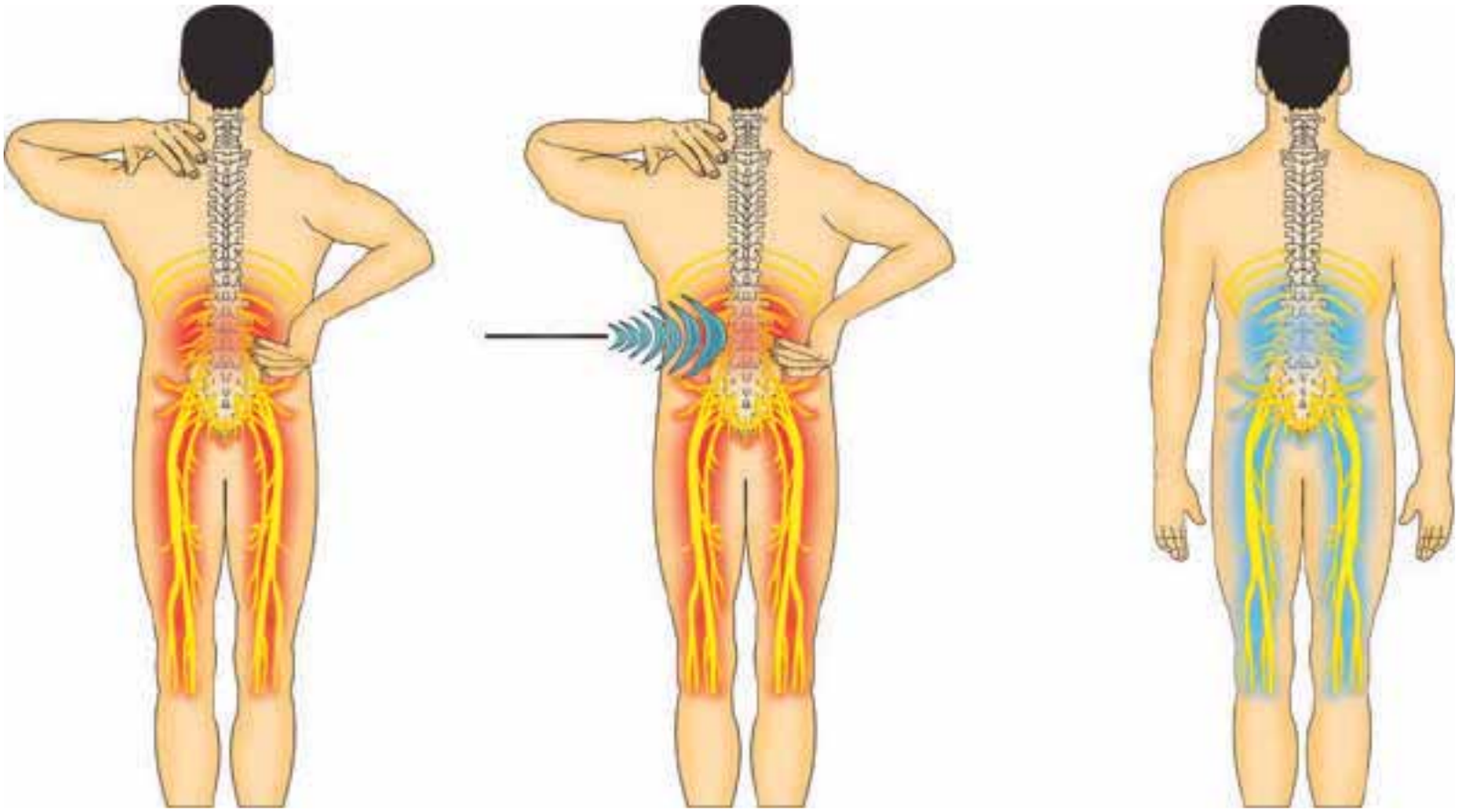

Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgi-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in our in-office procedure suites saving you stress, time and dollars. *NYC Pain MD* believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at their advanced medical center.

Your Invitation

NYC Pain MD offers limited number of complimentary back and neck pain screenings every month. These screenings are a way for pain sufferers to get some of their questions answered and see if they are candidate for one of the cutting-edge treatments offered at *NYC Pain MD*. If you would like complimentary screening, just call 877-503-8540 and tell the scheduling co-ordinator who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

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Mount Sinai

Anthony Scaramucci might be launching his own news website

Anthony Scaramucci was White House communications director. WIKIMEDIA COMMONS

Anthony Scaramucci — you remember, President Donald Trump's short-lived communications director — is apparently launching his own news website and Twitter is losing it.

The ex-Wall Street financier lasted just 10 days in the White House before stepping down from his post in July after he gave an interview tearing into other White House staff and hurled multiple allegations of leaking against other staffers.

Scaramucci's short tenure on Trump's team was rife with controversy — his wife decided to divorce him just a few days after he started, he reportedlydidn't even meet his newborn child for days and his fast-talking New York persona raised more than a few eyebrows — but the "Mooch" had largely receded from the spotlight since sinking into unemployment, that is until Tuesday, when a cryptic tweet from his personal account warned followers simply to "Get ready."

The post tweeted just after 10 p.m., was a retweet from a new account called @ScaramucciPost, which was created last month. The account has only tweeted three times and its Twitter bio says only "coming soon," accompanied by a link to an Instagram account by the same name. The Instagram account is just as bare.

It's unclear exactly when Scaramucci plans to debut his new online venture or what the Scaramucci Post will actually produce, though another post from the Twitter account indicated the Scaramucci Post is going after verification on Twitter and Instagram, a service typically reserved for prominent people, businesses and news media.

The irony of the president's disgraced ex-communications director trying to make it in the news biz was not lost on Twitter, and Twitter users did not disappoint in their reactions to Scaramucci's announcement.

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Liberal, conservative lawmakers offer opposing healthcare ideas

Neither plan was thought likely to succeed in a Congress exhausted with fighting over the issue, raising questions over whether lawmakers would instead prop up the health benefits offered under Obamacare.

U.S. senators unveiled two opposing visions of a healthcare system in the United States on Wednesday — leading liberals advocating government insurance for all and several Republicans proposing an eleventh-hour repeal of Obamacare to replace it with programs run by the states.

Independent Sen. Bernie Sanders, a 2016 Democratic Party presidential candidate, held a campaign-style gathering at which enthusiasts applauded as he proposed extending the federal Medicare health insurance program for seniors to include everyone.

"The American people want to know what we are going to do to fix a dysfunctional healthcare system which costs us twice as much per person as any other country and yet leaves 28 million people uninsured, and even more underinsured," Sanders declared.

Sen. Elizabeth Warren, one of 16 Democratic co-sponsors for Sanders' proposal, told the gathering it was time to go a step beyond Obamacare, the 2010 law officially called the Affordable Care Act that expanded health coverage to 20 million Americans.

ILLUSTRATION BY BILLY BECERRA, METRO

"We will say that in this country everyone gets a basic right to healthcare," Warren said.

But in an office building nearby, Republican senators announced they were offering a "last chance" to repeal Obamacare, before a parliamentary procedure allowing them to pass it with a simple majority, instead of a three-fifths majority like most Senate legislation, expires at the end of September.

They proposed replacing the law with a program that would give states money in the form of block grants to run their own healthcare programs.

Sen. Lindsey Graham of South Carolina, one of the plan's authors, said he was not ready to give up the long-held Republican goal of repealing Obamacare despite a stunning failure to muster enough votes within the party this summer to kill the law.

"The idea that the Republican party has done its best to repeal and replace Obamacare is a joke," said Graham, who was joined by fellow Republican Bill Cassidy in the effort.

A system of U.S. government-run healthcare for all is anathema to many Republicans, who think the hybrid Obamacare system in which government subsidizes private health insurance already was a step too far.

Republicans' last attempt in July to overturn Obamacare fell one vote short in the Senate in a humiliating defeat for President Donald Trump and Senate Majority Leader Mitch McConnell.

In addition to the Sanders and Graham-Cassidy proposals, a bipartisan effort is under way in the Senate health committee to repair Obamacare without repealing it, by protecting subsidies that are paid to insurance companies to help offset discounts under the program. REUTERS

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Hillary Clinton is comparing herself to Cersei Lannister from 'Game of Thrones'

It has nothing to do with Cersei's blind ambition or violent and unforgiving tendencies ... seriously.

ERIN TIERNAN
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As readers make their way through the "What Happened" Hillary Clinton book, they seem to uncover shocking revelation after shocking revelation, including the chapter in which the former presidential candidate likens her treatment by Republicans during campaign season to the humiliation experienced by Cersei Lannister during a certain infamous "Game of Thrones" scene.

"Crowds at Trump rallies called for my imprisonment more times than I can count," Clinton writes in her memoir, which was released Tuesday. "They shouted, 'Guilty! Guilty!' like the religious zealots in 'Game of Thrones' chanting 'Shame! Shame!' while Cersei Lannister walked back to the Red Keep."

"Lock her up," was another Trump crowd favorite.

Clinton is, of course, referring to the "Game of Thrones" Season 5 finale in which Cersei, played by Lena Headey, who has confessed to adultery, is forced to walk naked through King's Landing to atone for her sins as the city has come under the grip of a radical and militant-like religious order.

As Cersei marches through the streets, hair clipped close to her skull in punishment, a Septa walks behind her ringing a bell and chanting, "Shame, shame," as crowds yell, spit and throw human waste at her.

When talking about filming the scene in 2015, Headey told Entertainment Weekly, "There's a part of you that's f—ing terrified. I can't even imagine people wanting your blood. Cersei has done wrong, but she doesn't really deserve this."

It's this concept of undeserved punishment Clinton tries to bite into with her analogy.

Clinton, of course, earned major criticism for using a private email server to conduct official business in her role as secretary of state under President Barack Obama. Though she was ultimately cleared of charges, she continued to famous an onslaught of attacks from

Hillary Clinton is comparing herself to Cersei Lannister for some reason. FLICKR

Trump supporters calling for her to face criminal charges.

"What in the world was this?" she writes in a passage shared on Twitter. "I've been in politics for a long time, but I was taken aback by the flood of hatred that only seemed to grow as we got closer to Election Day."

"I had left the State Department one of the most admired public servants in America. Now people seemed to think I was evil. Not just 'not my cup of tea' but evil. It was flabbergasting and frightening," she continues.

Clinton's readiness to compare herself to the bloodthirsty queen of Westeros is a somewhat curious decision. In the series Cersei is depicted as a violent, unforgiving and blindly ambitious leader — all qualities Clinton herself has been accused of.

Though the "Game of Thrones" scene had obvious medieval overtones, Headey said similar realities are still experienced by women around the globe.

"They still do it now. They take women out and stone them to death."

Clinton isn't blaming her loss totally on the fact that she is a woman, but she's not discounting that it played a role either.

"Was all this because I was a woman?" Clinton asks. "No. But I believe it was motivation for some of those chanters and some of that bile."

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the word

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I'm obsessed with Serena Williams' new baby

Alexis Olympia Ohanian Jr. Yas!
INSTAGRAM/@ SERENAWILLIAMS

Serena Williams — tennis champion, and now mother — has shared a photo of her new baby girl and, frankly, I'm obsessed.

"Meet Alexis Olympia Ohanian Jr.," she wrote. YAS. What a perfect name for a perfect li'l babe.

The tennis star also shared a video documenting her pregnancy with fiancé Alexis Ohanian (or shall I say Alexis Ohanian Sr.?) — from winning the Australian Open at eight weeks pregnant, to accidentally announcing said pregnancy on Snapchat. What a journey it's been, y'all!

The couple welcomed Alexis on Sept. 1 in West Palm Beach. And the first person they told was Beyoncé, which, yeah. Sounds about right.

Was Janet Jackson verbally abused?

Nobody puts Janet in the corner.
ALL PHOTOS GETTY IMAGES UNLESS OTHERWISE STATED

Janet Jackson — forever kween — split from her husband of five years, Wissam Al Mana, in April. And now, her older brother Randy Jackson is claiming Janet suffered "verbal abuse" and felt like "a prisoner in her own home" during the marriage. Oh, hell no. This will not stand.

"There's a lot of pain," Randy told People. "Janet's been through a lot with her divorce. I've been through a lot, we all have."

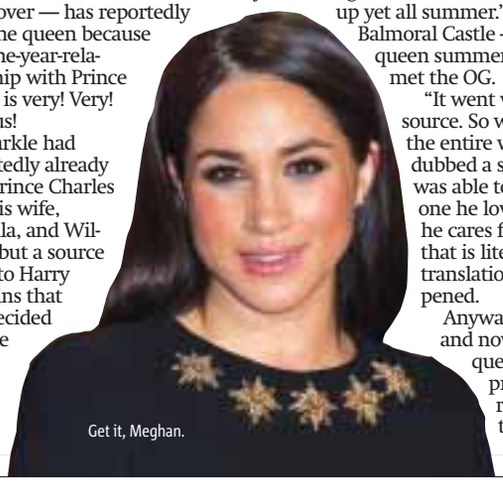
He continued, saying that Janet and Al Mana's situation was an abusive one. "It came on later in the relationship. … No pregnant woman needs to go through being called a bitch everyday. There were things like that. That's what she went through.

"It's not about anger or vengeance," Randy continued. "We don't like to put our business out there, but sometimes transparency helps you." Preach it, my dude.

Meghan Markle met the queen

Meghan Markle — she of the Vanity Fair cover — has reportedly met the queen because her one-year-relationship with Prince Harry is very! Very! Serious!

Markle had reportedly already met Prince Charles and his wife, Camilla, and William, but a source close to Harry explains that he "decided to take Meghan to visit as he hadn't been up yet all summer." And there, at Balmoral Castle — where the queen summers, you see — she met the OG.



Get it, Meghan.

"It went well," said the source. So well, in fact, that the entire weekend was dubbed a success. OK! "He was able to introduce someone he loves to someone he cares for deeply." Yes, that is literally a basic translation of what happened.

Anyway, they're in love, and now she's met the queen and they'll probably get married soon and not tell us about it.

Kate Hudson doesn't know what lazy means

There's Kate Hudson, on the cover of Cosmopolitan, framed by teases of hidden moan zones and hot solo-sex tricks. But people are mad at her for one thing she said in a survey. Let's discuss!

Twitter is mad, as usual.

Hudson answered a bunch of random questions in her cute, relatable way. But when asked to share what the laziest thing she has ever done, Hudson wrote, "Have a C-section!"

Naturally, the internet was ablaze with women who felt personally attacked by Hudson's response.

""Hey #KateHudson," one wrote. "Please tell me which part of major abdominal surgery is 'Lazy?' The procedure?"

Thing is, she's saying that's the laziest thing she's ever done. Maybe she's just like, extremely not lazy! I mean, I'm no Kate Hudson head, but you know, she's just talking about her experience and trying to be light and fluffy like she always is. It's like, kind of her thing.

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'Broad City' foreshadows Trump's presidency

The season-four premiere, "Sliding Doors," is a parable about how naivete can lead to disaster.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

The broads are back! In the season four "Broad City" premiere, "Sliding Doors," which aired last night, we go back to the day Abbi and Ilana first met, alternating between two versions of how things could have gone — with drastically different outcomes. Just like that Gwyneth Paltrow '90s flick, our heroines' fates hinge upon their making the train (in this case, the subway) before the doors close. Our girls even rock different hairstyles to help us distinguish between the storylines, versions, just like Gwyneth did: In one, Abbi loses her ponytail to "the NYC snipper," and must make do with a spiky shag, a la David Bowie in "Labyrinth"; Ilana wears hers either straightened or naturally curly.

The question isn't whether or not the two NYU undergrads circa 2011 become besties; it's whether or not they'll make it through the day. While the storytelling device is a fun experiment, as "Broad City" is wont to do — and c'mon, who hasn't imagined how their own "Sliding Doors" would play out — there's a deeper message here. The episode is a sort-of parable about how blind optimism and naivete can lead to disaster. It's a loose foreshadowing of Trump's presidency.

The parallel days each begin with the girls meeting underground, when Ilana lends Abbi a Metrocard swipe. In Version A, we'll call it, the two make the train, but go their separate ways, each enduring extremely trying days, before reuniting again by chance and commiserating. In Version B, the two miss the train, but spend a magical first day together where almost nothing goes wrong (suspiciously). And then there's this exchange:

Abbi: "I'm so relieved we have a hot black guy as president."

Ilana: "I feel like we're finally moving forward."

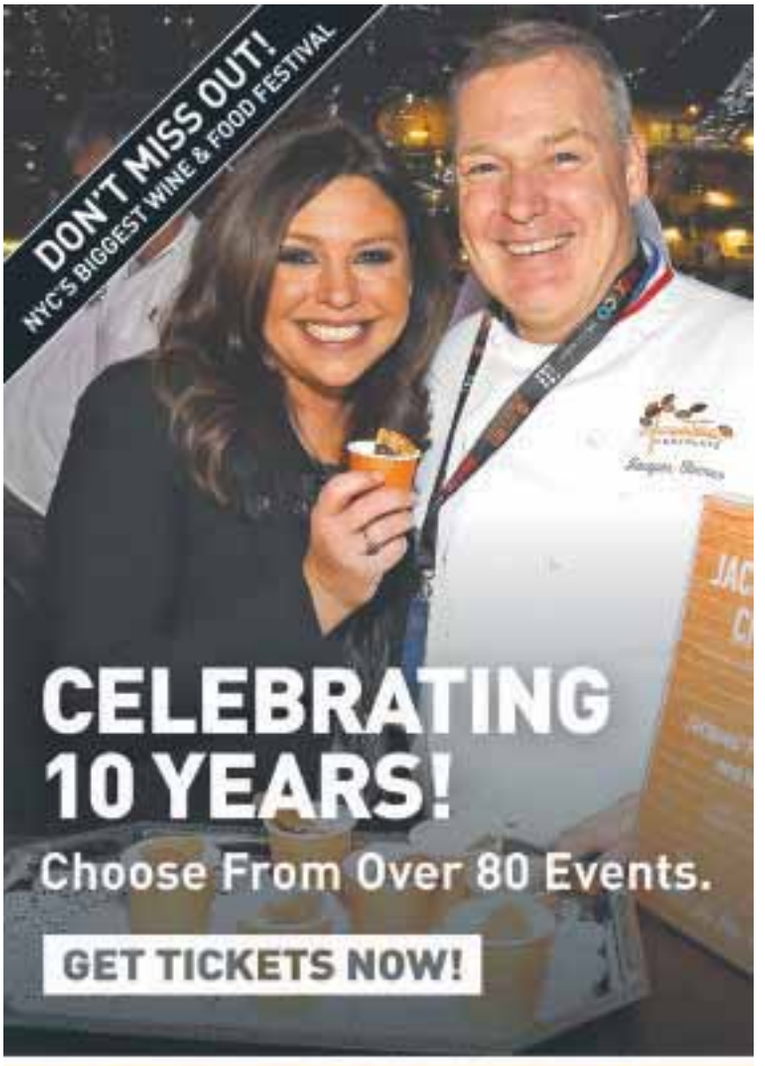
Abbi: "And it's just the beginning. Never backward, only forward."

Ilana: "Next is a woman!"

At the end of their nearly perfect NYC day, they get hit by a bus with an ad for Donald Trump's "The Apprentice," featuring his mug and the tagline "America is Watching. You're fired!"

In episodes ahead, we'll return to the present and see how Abbi and Ilana are coping after Trump's election, though we never hear his name — it's bleeped out throughout the season.In "Witches," we learn that Ilana hasn't orgasmed since the election. But she reclaims her "cum queen" status by harnessing some witchy woman power. All hope is not lost, so long as you stick with the broads.

JASON NOCITO



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‘American Assassin’ helped Dylan O’Brien push past trauma

Dylan O’Brien stars as rogue CIA recruit Mitch Rapp. LIONSGATE

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Ask About Our Refer-A-Friend Program

The actor talks about his accident, anxiety and authenticity.

GREGORY WAKEMAN
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Dylan O’Brien probably shouldn’t have made “American Assassin.” Just six months before “Assassin” was slated to film, he was severely injured in an on-set accident for “Maze Runner: The Death Cure” — an accident that required him to have extensive surgery.

Although the 26-year-old has kept mum about the full extent of his injuries, it’s clear from his comments that they made an impact on him mentally and physically. Especially as he prepared for his role as Mitch Rapp, a vengeful vigilante trained by the CIA to fight terrorists. So much so that O’Brien admits that he never thought he would make it through production on “American Assassin.”

“It was the hardest thing I have ever done,” O’Brien recalls over the phone. “I was coming off the hardest thing I had ever gone through, and the scariest thing I had ever experienced. And then, to be honest, I was coming off months of mental anxiety from the accident. Things were out of my control [because of] the way a brain reacts to trauma.”

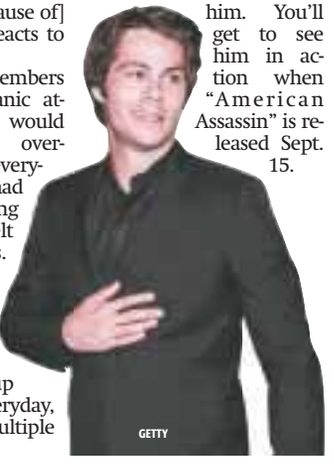
O’Brien remembers having weekly panic attacks where he would feel “completely overwhelmed about everything” that he had to handle during the shoot. “It felt too soon,” he says. “I was still going through too much personally, and at the same time I was having to turn up to the gym everyday, and there were multiple times where I had [panic] attacks about doing this. I just totally wanted to run off the ledge.”

Despite the daily pain and trauma of returning to a movie set, O’Brien is clearly proud he overcame such a huge obstacle. “I just couldn’t be happier that I pushed through, and made this happen for myself,” he says. “Because it ended up being something I’m really proud of, and something that was really hopeful and instrumental in getting me back on my feet as an actor and as a person.”

After everything he’s gone through, O’Brien didn’t just want to sign up for more of the same, career wise. And with “American Assassin,” he saw something that avoided making the same old predictable sort of film.

“I wanted to make sure it was fused with honesty and authenticity, and didn’t have an agenda,” he says. “I think, ultimately, what I really like with the film, and the message it puts across when it comes to terrorism, is that it can come from absolutely anywhere. And ultimately that’s what we’re dealing with in the world right now.”

After everything O’Brien has gone through, he’s primed and ready to deal with anything else the world throws at him. You’ll get to see him in action when “American Assassin” is released Sept. 15.



GETTY

things to do

Get your hands on all the next-gen tech from games to food and sports at Worlds Fair Nano. ALL PHOTOS BY JAMIE SOJA

Play, eat and ride the future

This weekend, Worlds Fair Nano brings a glimpse into our future, from electric skateboards to a keynote speech by an android.

TAYLOR HA
@MetroNewYork
letters@metro.us

Coffee you can put in your pocket, high-tech dog houses, bionic boots and smart bikes — the future is now, and you can hold it all in your hands at Worlds Fair Nano.

The two-day future and technology festival arrives at the Brooklyn Expo Center on Sept. 16-17. Instead of a regular tech convention, Worlds Fair Nano bills itself as a Technology Playground buzzing with interactive gizmos and gadgets.

You'll be able to test out the future of wellness like grocery shopping in augmented reality and bionic limbs, travel solutions like electric skateboards (and perhaps even a hoverboard) and a smart doghouse, and the latest developments in virtual reality, from apartment hunting to next-gen games.

"The only way to really experience the future [of technology] is by going to industry conferences or very expensive events, which most people can't afford," says Michael Weiss, organizer of Worlds Fair Nano. "We're trying to make the future fun, accessible and affordable."

Between trying, tasting and playing with the new inventions, you can hear about the future of technology from 45 tech industry experts on everything from the search for extraterrestrial intelligence to flying cars.

The expo isn't just a one-way street — you can indulge your creative side by making some futuristic art of your own, like creating songs fused with projects using a wireless box that looks straight out of a sci-fi blockbuster.

Tickets start at $55 for a single day or $105 for both, and up to $350 for VIP access for both days, including early entry and a swag bag, plus cocktail parties with speakers and exhibitors.

While the Brooklyn event promises to be a wide-ranging showcase of the future, it's still only a nanoscale prelude to Weiss' dream: bringing the massive World's Fair back to its roots of global innovation and technology in the U.S. through his company, Worlds Fair USA.

World's Fairs started out as international expos to display new inventions — as just one example, you have the 1904 expo in St. Louis to thank for ice cream cones — and challenge its host nations to create inspiring works of architecture, like the first Ferris wheel. Held across the globe since 1851 in London, the U.S. has hosted World's Fairs 31 times, starting in Atlanta in 1881, but the last domestic expo was nearly 33 years ago.

Recently, they've become more of a cultural showcase highlighting individual countries' contributions to the world, but Weiss wants to bring the focus back to future technology.

His dream began while reading "The Devil in the White City" about the first all-electric expo: the Chicago World's Fair of 1893.

"It was the first time they all got to see electricity, thanks to some guy running around the fairgrounds by the name of Nikola Tesla," Weiss says.

"And then they got to sit in the world's first Ferris wheel, thanks to George Washington Gale Ferris Jr. Whenever the World's Fair happened, the future came with it."

If you go

Worlds Fair Nano
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Live at the Archway: Oktoberfest transforms the DUMBO archway into a German beer hall Friday and Saturday, Oct. 6-7. PROVIDED

Celebrate Oktoberfest at Radegast Hall Saturdays Sept. 16,23 and 30. INSTAGRAM/@ RADEGAST_HALL

Beer and sausage time is upon us. When Oktoberfest kicks off Saturday, Sept. 16 and goes through Tuesday, Oct. 3, venues across the city, from beer gardens to cruise ships, will turn up to celebrate the holiday with kegs of Bavarian brews, plates of schnitzel and sauerkraut, polka bands, mug-holding competitions and miles of lederhosen. Here's where to get your fill this year.

Oktoberfest at Watermark Bar
At this FiDi waterfront bar, Oktoberfest celebrations will take place from noon to midnight over three weekends (Sept. 15-17, 22-24 and Sept. 29-Oct. 2). Pier 15 will go full Bavaria, overflowing with kegs of Radeberger and Weihenstephan, outdoor games like cornhole and beer pong, live polka bands and of course, plenty of soft pretzels and brats. *Free, oktober-fest.nyc/#festival.*

Oktoberfest Bear Mountain Cruise
Every Saturday and Sunday from Sept. 23-Nov. 12, this Oktoberfest-themed Circle Line cruise, which doubles as a fall-foliage tour, will ferry riders up the Hudson River from Pier 82 to Bear Mountain National Park. The two and a half hour trek departs at 8:30 a.m. and you'll have three hours to hike around and explore Bear Mountain before arriving back in Manhattan at 5:30. There and back, enjoy festive tunes by Smitty's Polka Band, indulge in a German feast plate featuring schnitzel, Bavarian pretzels and sauerkraut, plus drafts and buckets of Warsteiner beers. *$65 adults, $52 kids 3-12, circleline42.com.*

Live at the Archway: Oktoberfest
For the second year in a row, the DUMBO B.I.D. will transform the archway (underneath the Manhattan Bridge on Water St. between Adams St. and Anchorage Place) into a German beer hall for a weekend of Oktoberfest celebrations. Friday, Oct. 6 will feature "hipster polka" music from The Polka Brothers. On Saturday, the New Orleans brass/polka act the Street Beat Brass will perform, followed by a costumed extravaganza from Melina and the Oompahs. Traditional Oktoberfest grub and beers provided by the Archway's season concessions, the Lighthouse — and served up by lederhosen-clad bartenders. *Free, dumbo.is/hosting/live-at-the-archway-oktoberfest-2017.*

Oktoberfest at Paulaner on Bowery
Paulaner on Bowery is doing the most with its "Big O-Fest Bier Torte" — Chef Thomas Slivovsky's three-layer creation of dark chocolate, white chocolate and buttercream cake topped with Elderflower mousse, ($65, serves 10) to be enjoyed with a stein of Paulaner. At every Saturday's celebration, from Sept. 16 through Oct.21, a different "Citizen Mayor" will tap the kegs. Enjoy authentic Bavarian eats, from giant pretzels topped with Obatzda, the Bavarian cheese spread, to Fleischpflanzerl, Bavarian-style meatballs, to Kaischmarr'n, Emperor's Shredded Pancake, for dessert. *Free- $499 for VIP reservations, 2-hours unlimited beer, paulanernyc.com.*

Oktoberfest at Radegast Hall
Every Saturday of Oktoberfest, beginning Sept.16, Radegast Hall & Biergarten in Williamsburg will celebrate with a ceremonial keg tapping, pig roast, female/male mug holding competitions, polka bands and DJs. On top of the special swine, order brats and the like from their menu, year-round. There's always the Levee across the street if you get Oompahed out. *Free,radegasthall.com/oktoberfest*

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ARTS

Affordable Art Fair

You don't have to be a trust fund baby to own a piece of art that wasn't bought from a vendor on the sidewalk. The Affordable Art Fair is based on the idea that everyone should own art, with over 400 artists on display, in every medium, starting at $100. It's free to attend for a select time on Friday, but we suggest Thursday's Art After Dark, where you can enjoy cocktails while browsing the collection.
Through Sept. 17, The Metropolitan Pavilion, 125 E. 18th St., free-$70, affordableartfair.com

COMEDY

Jay Malsky Slept With My Boyfriend!

Many of the men Jay Malsky has slept with have assured him that they're perfectly straight and he wonders about how that works and what it says about him, in his one-man comedy show at the Upright Citizens Brigade. Jay Malsky Slept With My Boyfriend! stages what the girlfriends of those men (played by him in drag) would have to say about him sleeping with their very straight boyfriends, as he has them each put him on trial for what he did.
Sept. 15, 7:30 p.m., Upright Citizens Brigade, 307 W. 26th St., $12, ucbtheatre.com

MUSIC

The Meadows Music & Arts Festival

After an acclaimed premiere last year, the city's newest music fest is bigger and better. Expanding to three days, The Meadows Music & Arts Festival returns this weekend with four stages of over 60 artists like Jay-Z, Run the Jewels, Gorillaz, Red Hot Chili Peppers, Weezer, Foster the People, Ghostface Killah and Erykah Badu. There are also beer gardens, themed lounges, art installations, ball pits, after-parties and more.
Sept. 15-17, Citi Field, 123-01 Roosevelt Ave., Queens, $115-$2,500, themeadowsnyc.com

FOOD

Taste of Gramercy

Sample local restaurants while supporting healthy foods in local schools when you pencil in Friday night's dinner date at Taste of Gramercy. Held al fresco along a cordoned-off Irving Place, the event welcomes residents and newcomers to get to know the nearby offerings with bites from Le Coq Rico, Ichabod's, Burger and Lobster, Javelina, The Stand, Sarabeth's and others.
Sept. 16, noon-4 p.m., Irving Pl. between 17th & 18th sts., $30-$70, tasteofgramercy.org

Vendy Awards

The city's streets continue to be a hub for food innovation, whether it's food carts or an ever-increasing number of outdoor markets. The Vendy Awards highlights the best of the best, with street food creators competing for titles and prestige at this annual competition run by the Street Vendor Project, which supports independent purveyors. By attending the Vendys, you not only get unlimited samples from the competitors, plus unlimited beer and wine, but your admission is tax-deductible.
Sept. 16, 12:30-6 p.m., Governors Island, $60-$1,600, vendyawards.streetvendor.org

DRINKS

Total West Harlem Immersion

Brooklyn Brewery's final beer crawl of the season is this weekend and it happens to be the first to venture into Manhattan. For the Total West Harlem Immersion, you'll meet at Off the Grid at noon for your first drink and tickets for one beer each at Harlem Public, At the Wallace and Uptown Bourbon. In addition to lunch, you get discounts like a free cookie with coffee at Hamilton's Bakery.
Sept. 16, noon-6 p.m., $15-$25 brooklynbrewery.com

SOCCER

NYCFC House

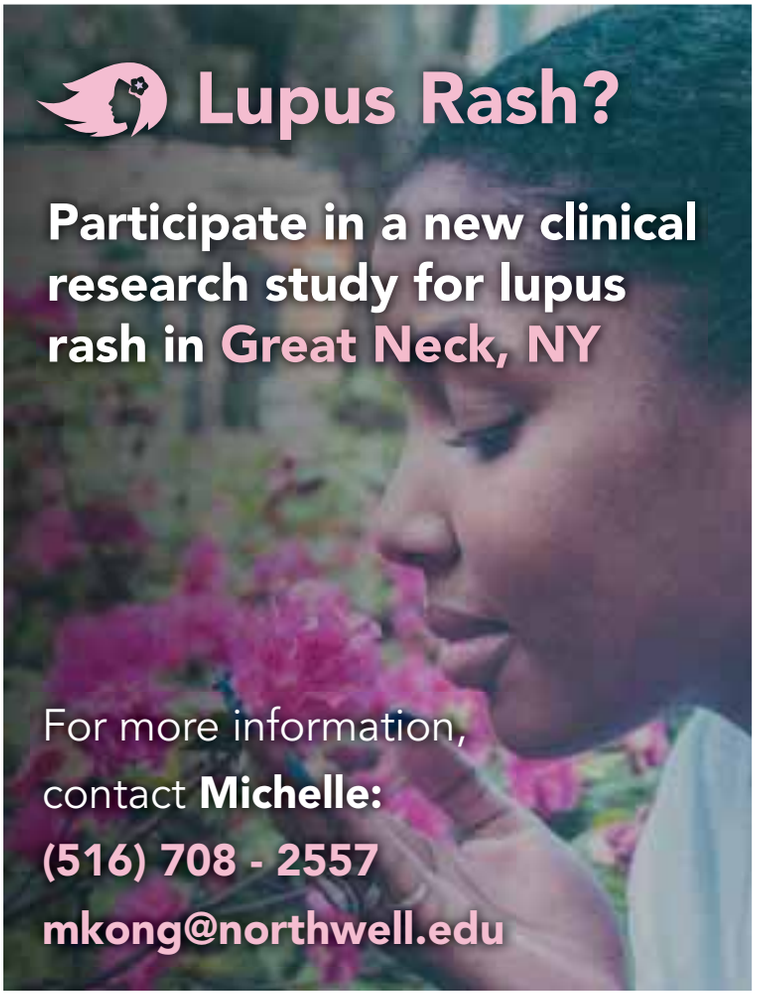
For the first time, the NYC Football Club has opened a free pop-up experience for fans. Based in the heart of the Meatpacking District, the four-story NYCFC House is hosting tons of events including rooftop parties and meet-and-greets with players and other figures in the sports world, plus tons of team merchandise and even a basement pitch for kids to train.
Through Sept. 21, NYCFC House, 446 W. 14th St.
Free with RSVP, nycfc.com

SUMMER

Submerge

How many kids want to be a marine biologist? Probably more than you think. Give their dreams a boost at Hudson River Park's Submerge, a festival of marine science with a full day of all-ages events. Get interactive with science experiments, marine wildlife, underwater robotics and activities like fishing and kayaking. Watch dreams turn to goals as young ones fall in love with science. **Sept. 16, 11 a.m.-4 p.m., Pier 26 at N. Moore St., free, hudsonriverpark.org**

T. MICHELLE MURPHY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Hanauma Bay is a marvel from above the water and below. PHOTOS BY EVA KIS

Don't go to Hawaii unless you're ready for your life to change.

After growing up on Florida's beaches, I didn't expect to find enlightenment standing on another one halfway around the world. Yet there I was, toes in the sand of Waikiki Beach just a couple hours after landing and knowing that this place was different.

Oahu claims the majority of Hawaii's population, and it's not hard to see why. Each of Hawaii's islands has its own identity. Save Maui for when you've married rich, because Oahu is the millennial paradise where you can delve into everything that Hawaii has to offer, from unspoiled wilderness to food experiences worth Instagramming. But what you'll really find is yourself.

Commune with nature

It's easy to understand why Hawaiians feel beloved by a greater power, the Spirit of Aloha, which roughly translates to belonging to the universe.

Frankly, we'd all probably feel a lot more generous if the weather were humidity-free (thanks, trade winds!) and sunny 365 days a year. This is the kind of idea you, type-A city dweller, are probably rolling your eyes at — and there's nothing like getting on a surfboard to understand it.

The North Shore awaits pros (in the winter) and amateurs all year long year to live that "Point Break" life. The pros at Hans Hedemann Surf School in Turtle Bay await to get from you zero to riding a wave in an hour, guaranteed.

And once you feel the push of the wave against your board, like the universe urging you on, there's no doubt we're all connected.

Back on land

Once you can't paddle anymore, take it easy with some snorkeling. Hanauma Bay's circular inlet shields it from rougher waters so swimming won't tire you out, and most of the spectacular reef is less than 10 feet underwater, with the technicolor bevy of tropical fish swimming right up to you.

For hikers, **Diamond Head** is the iconic plateau that doubles as Oahu's own Hollywood sign, greeting visitors from the moment they land at Honolulu Airport. The trail gets crowded and lacks shade, but it's worth the 45-minute trek for the breathtaking views of downtown.

Prefer natural beauty? Get to **Makapuu Lighthouse** before dawn for the most spectacular hike up the soaring cliff to watch the sun rise over the endless ocean all around you.

Or take a helicopter tour of the **North Shore**, so untouched by development that you can practically hear the "Jurassic Park" theme song.

Best beaches

Waikiki Beach is great for a walk to see all the old hotels — the pink sand castle that is the Royal Hawaiian remains a stunning sight 90 years after it was built — and give a shaka sign to surfing's godfather The Duke, whose statue on Kalakaua Avenue is regularly replenished with leis.

For those envy-worthy Instas of sparkling sands and calm waters that look as if you're on a private island, take a ride to **Kailua Beach**. The most traffic you'll come across are kayakers to the twin islets just offshore.

For swimming, you'll want to lock down a beach chair along the stretch of sand in front of **Fort DeRussy**. Secluded from the din of traffic, there's also a rocky pier so low to the water that waves crash across your feet, and makes for a great spot to glimpse of seals and sea turtles that wander into the bay.

Matsumoto Shaved Ice

Adventures in food

Because you can't just fortify your soul, there's plenty of amazing food adventures to be had. The North Shore is renowned for its food trucks serving up the freshest peel-and-eat shrimp, and the most famous of them is **Giovanni's Shrimp Truck**.

Nearby in the village of Hale'iwa, the always-crowded **Matsumoto Shave Ice** shop with its perpetual line out the door for its famous ices in dozens of flavors, all made with natural fruit syrups.

Even food halls have made it to Oahu, and **The Street** is exceptional not just for its collection of stalls (don't miss Kai Poke's beautifully composed bowls) but the ambiance, like you're eating under the shade of palm trees. The stroll to get there through the open-air marvel that is the International Market Place mall is lovely, too.

PROVIDED

Be the Readiest

While the Spirit of Aloha is certainly fortifying, the six-hour time difference from the East Coast makes it easy to get up way earlier in the morning than you're used to.

Get your early start at the brand new Holiday Inn Express Waikiki, which comes with its own motto to inspire you: Be the Readiest. That doesn't just mean a great night's sleep in its efficient but comfortable rooms — the expanded breakfast bar offers made-to-order pancake machine and exclusive Cinnabon rolls. There's even an outdoor patio to enjoy your meal, because why wouldn't you want to spend every second in this incredible weather?

A 10-minute walk to downtown Honolulu and just five minutes to the beach makes it ideally located. And when you need a break, lay out on the hotel's pool deck or play a round of miniature golf.

Yanks take Citi series from Rays

Solid pitching stymies Tampa bats to carry Yankees to victory on Wednesday afternoon.

JOE PANTORNO
@JoePantorno
joseph.pantorno@metro.us

Maybe the New York Yankees should look into playing at Citi Field more often.

The Bronx Bombers took down the displaced Tampa Bay Rays, 3-2, on Wednesday afternoon to take two-of-three games in the series that was moved to the Mets' home in Queens because of Hurricane Irma.

FINAL 9/13	
Yankees	3
Rays	2

A crooked third inning off Rays ace Chris Archer was all the Yankees needed to secure a 3-2 win over the Rays on Wednesday afternoon at Citi Field. GETTY IMAGES

All three of their runs were scored in the second inning off Rays ace Chris Archer thanks to a pair of singles from Todd Frazier and Brett Gardner.

Gardner's single was a two-run knock, scoring Jacoby Ellsbury and Frazier, who had singled home Starlin Castro in the at-bat before.

The Yankees received a solid effort from pitcher Jaime Garcia, who was making his first start since Aug. 30. However, it might have been a little shorter than he wanted.

Going 4.2 innings, Garcia allowed one run on five hits while striking out four before he was pulled. He was one out short of qualifying for the win when manager Joe Girardi yanked him.

Garcia appeared to say something to Girardi while he left the mound and the two had a heated-looking discussion in the dugout shortly after.

After the game, it didn't seem to bother Girardi too much.

"I understand if he's still mad. I'm OK with that," he said.

In stepped reliever Chad Green, who kept the Rays at bay. He, Tommy Kahnle and Dellin Betances combined to limit the Rays to just three hits over three innings.

But Betances was pulled after allowing a single to Evan Longoria for Aroldis Chapman, who has been unable to find his groove this season.

With two outs in the inning, Chapman walked Steven Souza Jr., the first man he faced, and allowed a single to Adeiny Hechavarria that drove home Longoria to cut the Yankees' lead down to one.

New York had a golden opportunity to add some insurance when a pair of singles put runners on the corners in the top of the ninth with no outs, but it came up empty to make the last half inning uneasy.

Especially when Chapman walked Curt Casali to start the inning. The fireballer bore down though to strike out the next three batters to snuff out any kind of Rays comeback.

While the series relocation to Queens was an unexpected one, the Yankees finished off a successful 2017 schedule at the venue.

Of five games, they won four including a two-game sweep of the Mets on Aug. 16-17.

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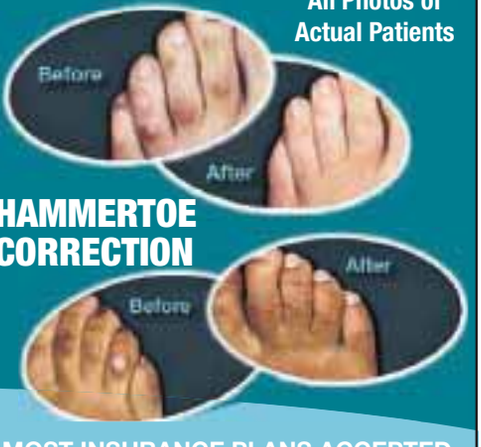

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The study is conducted at New York State Psychiatric Institute/Columbia University Medical Center and is funded by the National Institute of Health.

Columbia University Medical Center

Tribe win 21st straight

The Cleveland Indians are on the verge of a new Major League Baseball record.

JOE PANTORNO
@JoePantorno
joseph.pantorno@metro.us

We are currently witnessing history as baseball fans in 2017. On Wednesday afternoon, the Cleveland Indians defeated the Detroit Tigers 5-3 to collect their 21st-straight win, a streak that began on Aug. 24.

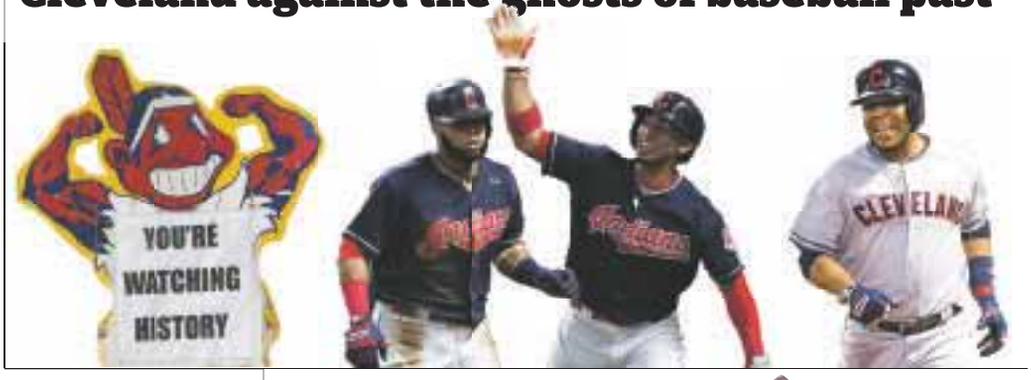
The victory broke the American League record of 20-straight wins held by the 2002 Oakland Athletics (portrayed in the movie 'Moneyball'). The 1884 St. Louis Maroons and Providence Grays also won 20-consecutive games as well in the National League.

Now the Indians are in rarified air as they tied the 1935 Chicago Cubs' streak that went from Sept. 4 to Sept. 28.

Metro Stats Session takes a trip back in time as we break down just how rare streaks like these are.

Metro Stats Session

Cleveland against the ghosts of baseball past



2017 Indians Stats

Winning streak start: Aug. 24 vs. Red Sox

Number of days until 21st win: 21

Current record: 90-56

Wins Above Replacement Leader: Corey Kluber (7.4)

2017 STATS
16-4 RECORD
2.24 ERA
243 K's

1935 Chicago Cubs Stats

Winning streak start: Sept. 4 vs. Phillies

Number of days until 21st win: 19

Season record: 100-54 (Lost World Series to Tigers)

Wins Above Replacement Leader: Billy Herman (6.9)

1935 STATS
.341 BA
227 HITS
83 RBI

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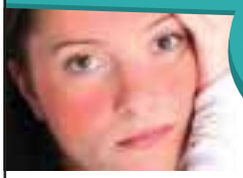

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Talk to you soon! • Sadick Research Group

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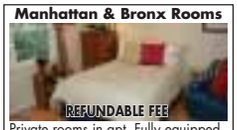

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NOTICE OF SALE

IN FORECLOSURE STATE OF NEW YORK SUPREME COURT: COUNTY OF QUEENS HSBC BANK USA, NATIONAL ASSOCIATION AS TRUSTEE FOR NOMURA ASSET ACCEPTANCE CORPORATION, MORTGAGE PASS-THROUGH CERTIFICATES, SERIES 2006-AR4, Plaintiff, v. INDRADAT TILAK, SUMNIE TILAK, et al., Defendants PLEASE TAKE NOTICE THAT In pursuance of a Judgment of Foreclosure and Sale entered in the office of the County Clerk of Queens County on June 27, 2017, I, Frank Bruno, Jr., Esq., the Referee named in said Judgment, will sell in one parcel at public auction on September 22, 2017, at the Queens County Supreme Court located at 88-11 Sutphin Boulevard , Jamaica, County of Queens, State of New York, at 10:00 A.M., the premises described as follows: 211-15 90th Court a/k/a 211 15 90th Court Queens Village, NY 11428 SBL No.: BLOCK 10568 LOT 26 ALL THAT TRACT OF PARCEL OF LAND situate in the Borough and County of Queens, City and State of New York. The premises are sold subject to the provisions of the filed judgment, Index No. 706022/2013 in the amount of $492,023.35 plus interest and costs. Michael Jablonski, Esq. Woods Oviatt Gilman LLP Plaintiff's Attorney 700 Crossroads Building, 2 State St. Rochester, New York 14614 Tel.: 855-227-5072

SUPREME COURT COUNTY OF QUEENS NYCTL 1998-2 TRUST, and THE BANK OF NEW YORK MELLON, as paying agent and Collateral Agent and Custodian for the NYCTL 1998-2 TRUST, Plaintiffs - against - KAM CHEUNG TSOL, et al. Defendant(s) Pursuant to a Judgment of Foreclosure and Sale entered Herein and dated July 2, 2017, I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, 88-11 Sutphin Blvd., in Courtroom# 25, Jamaica, NY on October 6 2017 at 10:00 a.m. premises situate, in the County of Queens, and State of New York, known as "The Woodner House Condominium", Unit being designated and described as Parking Unit No. 93. Together with an undivided .0691976% interest in the Common Elements. Block 5137 Lot 1093. Said premises known as 138-35 ELDER AVENUE, PARKING UNIT 93, FLUSHING, NY. Approximate amount of lien $2,370.54 plus interest & costs. Premises will be sold subject to provisions of filed Judgment and Terms of Sale. Index Number 17522/2014 PHILLIP BASKERVILLE, ESQ., Referee Sayfarth Shaw LLP Attorney(s) for Plaintiffs 620 Eighth Avenue New York, NY 10018

LEGAL NOTICES

NOTICE OF SALE

IN FORECLOSURE STATE OF NEW YORK SUPREME COURT: COUNTY OF QUEENS WELLS FARGO BANK, N.A., SUCCESSOR BY MERGER TO WACHOVIA MORTGAGE, FSB, FORMERLY KNOWN AS WORLD SAVINGS BANK, FSB Plaintiff, vs. HARLENE SHAKESPEARE, et al., Defendants PLEASE TAKE NOTICE THAT In pursuance of a Judgment of Foreclosure and Sale entered in the office of the County Clerk of Queens County on March 27, 2017, I, Peter M. Wolf, Esq., the Referee named in said Judgment, will sell in one parcel at public auction on September 29, 2017 at the Queens County Supreme Court, Courtroom #25 located at 88-11 Sutphin Boulevard, Jamaica, County of Queens, State of New York, at 10:00 A.M., the premises described as follows: 19141 112th Road Saint Albans, NY 11412 SBL No.: 10968-78 ALL THAT TRACT OR PARCEL OF LAND situate in the Borough and County of Queens, City and State of New York The premises are sold subject to the provisions of the filed judgment, Index No. 21604/13 in the amount of $530,822.09 plus interest and costs. Michael Jablonski, Esq. Woods Oviatt Gilman LLP Plaintiff's Attorney 700 Crossroads Building 2 State St. Rochester, New York 14614 Tel.: 855-227-5072 48261

NOTICE OF FORMATION of ROJAVA LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 12/15/2016. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 2205 3rd Ave., #8B, New York, NY 10035. Purpose: Any lawful activity.

NOTICE OF FORMATION of DXY Capital LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 05/17/2017. Office location: Kings County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 2124 85th St., Brooklyn, NY 11214, which is also the principal business location. Purpose: any lawful activity.

NOTICE IS HEREBY GIVEN that a license, Number Pending for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 43-45 Main St., Flushing, NY, for on premises consumption. Good Taste 666 Inc.

NOTICE IS HEREBY GIVEN that a license, Number Pending for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 328 E. 6th St., East Store 1, New York,, NY, for on premises consumption. ZEN6NY LLC.

LEGAL NOTICES

NOTICE IS HEREBY GIVEN that a license, Number Pending for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 235 E. 53rd St., Cellar, New York, NY, for on premises consumption. Shinshi Japanese Group LLC.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Restaurant Wine has been applied for by the undersigned to sell Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 368 W. 46th Street, New York, NY 10011. New York County, for on-premises consumption. Kuni's Corporation d/b/a Ikinari Steak

NOTICE IS HEREBY GIVEN that a license, Serial # 1305139, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 358 Kosciusko St., Brooklyn, NY 11221. Kings County, for on premise consumption. Struzzo LLC.

NOTICE IS HEREBY GIVEN that a license, Serial # 1304083, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 93-16A 37th Ave., Jackson Heights, NY 11372. Queens County, for on premise consumption. El Puerto De Acapulco Bar Restaurant Inc.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Tavern under the Alcoholic Beverage Control Law at 364 Prospect Ave., Brooklyn, NY 11215, Kings County, for on premises consumption. Feluccio, LLC d/b/a Sips N Bites.

NOTICE IS HEREBY GIVEN that a license, Number Pending for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 149-22 41st Ave., Flushing, NY, for on premises consumption. Pho 2017 Inc.

NOTICE IS HEREBY GIVEN that a license, Number Pending for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 532 2nd Ave., New York, NY, for on premises consumption. Rojava LLC.

NOTICE IS HEREBY GIVEN that a license, Number Pending for Beer has been applied for by the undersigned to sell Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 215-32 Hillside Ave., Queens Village, NY for on premises consumption. MJ's Pizzeria Corp.

NOTICE IS HEREBY GIVEN that a license, Number Pending for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 96 Bowery, New York, NY, for on premises consumption. DOL F & C Corp

NOTICE IS HEREBY GIVEN that a license, Number Pending for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 40-15 150th St., Flushing, NY, for on premises consumption. Musicbox KTV Inc.

NOTICE IS HEREBY GIVEN that a license, Serial # 1305055, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 127 Grand St., New York, NY 10013. New York County, for on premise consumption. Botanicus Grand Inc.

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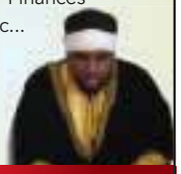

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58 Not frankly
61 Adds brandy
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63 Restrict
64 Contest submission
65 Nettle
66 Get melodramatic

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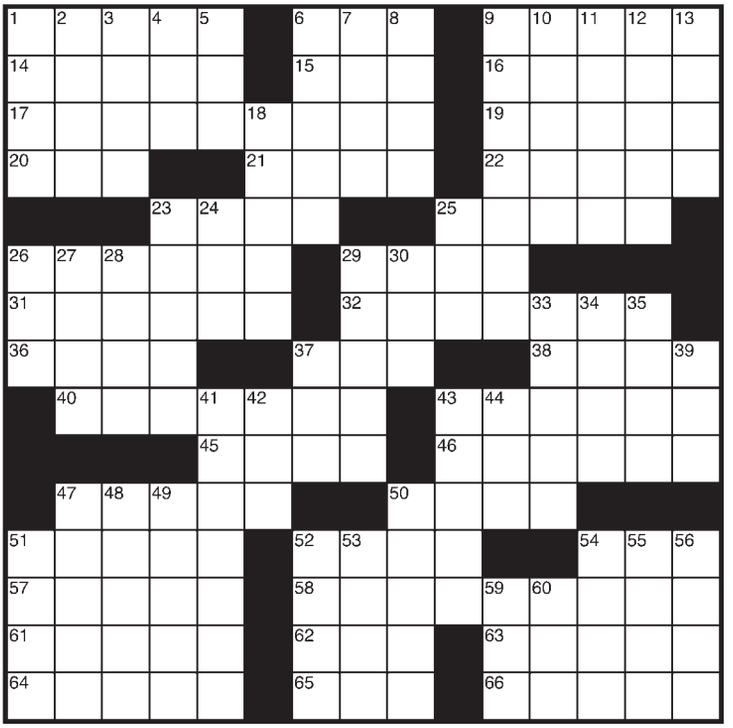

metro.us/sudoku

easy

	9	4	6			8	5	
				2	5			
	8	3					2	
1					9	4		
		8	2		7	6		
		5	3					8
	7					5	3	
			4	5				
	5	2			1	9	6	

hard

6	1			8			9	5
7	8	5			6			
		4	5	1		8		
			3					
		9				5		
					4			
		8		6	7	9		
			9			1	3	8
9	5			3			7	4

metro.us/horoscopes

Aries Pressure will intensify if someone wants you to spend too much or isn't willing to contribute enough around the house or to a joint venture.

Taurus Taking a day trip, going for an interview or signing up for a course will all result in positive gains. Socializing will encourage new friendships and joint endeavors.

Gemini Attending a reunion or reconnecting with an old friend will rejuvenate old dreams. If you share your ideas, a unique partnership will develop.

Cancer Compassion and understanding will speak volumes about the type of person you are. Your advice will be sought after and your popularity will grow.

Leo An opportunity to use your skills, knowledge and experience in a unique way should be looked at in detail. Negotiate on your behalf to get what you want.

Virgo Set your sights on doing something that brings you joy. Turn your passion into a moneymaking endeavor. Trust and believe in your talent, and strive to reach your goals.

Libra Stick to the truth and use common sense when dealing with matters at home or work. Situations will escalate quickly if you aren't cognizant of other people's feelings.

Scorpio Let your creative ability take the reins. No matter what you are pursuing, take a unique approach and do things your way. You have alot to gain if you rely on your instincts.

Sagittarius Don't fold under pressure. If someone is being persuasive or demanding, back away, consider your options and focus on taking care of your objectives.

Capricorn If you share your thoughts, you will receive interesting feedback that will encourage you to make certain changes. Examine the way you deal with partners.

Aquarius Put more thought and creativity into whatever job you take on. Being unique will help you draw attention to whatever you do. Try something new.

Pisces A partnership can be formed if you make suggestions that will even out the playing field. Equality will be important to avoid dissatisfaction. EUGENIA LAST

Yesterday's answers

R	A	G		I	T	E	M	S		W	O	R	T	H
U	F	O		N	A	V	E	L		I	R	E	N	E
F	I	B		S	E	E	D	Y		L	E	F	T	Y
F	R	A	M	E			S	E	A	L				
S	E	D	U	C	E	D		R	U	I	N	I	N	G
			L	U	R	E	S		F	E	U	D	A	L
L	I	B	E	R	A	L	L	Y			T	A	D	A
H	B	O		E	S	T	E	E	M	S		H	E	R
A	S	A	P			S	E	M	A	P	H	O	R	E
S	E	R	A	P	E		K	E	N	Y	A			
A	N	S	W	E	R	S		N	E	P	H	E	W	S
			E	G	A	D			L	A	T	H	E	
F	A	V	O	R		V	I	L	L	A		H	O	W
O	L	I	V	E		O	N	I	O	N		E	S	E
P	L	E	A	D		R	E	V	U	E		R	E	D

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